Trial Without Catheter for community patients

You can receive help with queries about NCH&C services from Patient Advice and Liaison Service

Telephone: 0800 088 4449
Email: pals@nchc.nhs.uk
(Monday-Friday 9am-5pm)

Norfolk Community Health & Care
01603 697300
http://www.norfolkcommunityhealthandcare.nhs.uk/

Woodlands House
Bowthorpe Road
Norwich
NR2 3TU

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**What is a Trial Without Catheter?**

This is a procedure to remove your catheter within your own home, to establish whether you still require this device or if you can have it removed on a permanent basis.

**What will happen?**

The Community Nursing Team will arrange a date for this procedure to take place. This will be undertaken by a registered nurse from the Community Team, and will take place in your home.

On the day your catheter is removed, you will need to;
- Measure the amount of urine you pass and record this on the fluid chart opposite. You will need to provide your own measuring jug.
- Drink no more than 1–1.2 litres of fluid in 6 hours, and record this on a fluid chart opposite.
- Stay at home so that the Community Nursing Team can contact you and assess your progress.

**What problems may I experience?**

- You may notice slight bleeding following removal of your catheter – this is normal.
- You may notice a small amount of blood when you pass urine – this is normal.
- You may experience discomfort during the removal of the catheter – this is normal.
- You may feel that you want to go to the toilet more often – this is normal.
- If the trial is unsuccessful, you may need to be recatheterised.

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<table>
<thead>
<tr>
<th>Please drink 200mls at these times</th>
<th>INTAKE (please tick when completed)</th>
<th>Urine passed in (mls)</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 am</td>
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<tr>
<td>10.00 am</td>
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<td>14.00 pm</td>
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**Contact Numbers for Locality Hub:**

- North – 01692 408079
- South – 01953 609409
- West – 01553 668777
- Norwich – 01603 518444